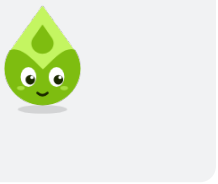
Dinner, Indian

Soft Rice Flour Flatbreads

Pillowy South Indian flatbreads made from a quick cooked dough of just rice flour, water and salt, finished over an open flame until they puff.

22 min	83	18.2 g	0.1 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 12 servings

- [ ] 2 cups rice flour (chawal ka atta)
- [ ] 2 cups water
- [ ] salt (namak) to taste

Method

- [ ] 1 Pour 2 cups of water into a deep pan, season with salt, and bring it to the boil.
- [ ] 2 Tip in the rice flour, stirring continuously so everything combines well.
- [ ] 3 Keep stirring over a medium flame for 2 to 3 minutes.
- [ ] 4 Tip the mixture onto a large thali, let it cool slightly, then knead with wet hands into a soft dough.
- [ ] 5 Divide the dough into 12 portions and roll each one into a 6 inch roti, using a little rice flour so it does not stick.
- [ ] 6 Heat a non stick tava and lay a rolled roti on the hot surface.
- [ ] 7 Cook the roti for a few seconds on each side over a medium flame, then finish it directly over an open flame on both sides.
- [ ] 8 Serve the rotis hot with sabzi of your choice.

Nutrition Facts

Per serving

Calories	**83**
Total fat	0.3 g
Saturated fat	Not listed
Sodium	0 mg
Total carbs	18.2 g
Fiber	0.5 g
Total sugars	0.1 g
Protein	1.3 g

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